



#### URBAN LIFE

50min | 80min

Our environment causes the skin to face many aggressors, from the drying desert air to the city based pollutants, which lead to dull, sluggish & dehydrated complexions. This facial utilizes innovative biotechnology ingredients to regenerate damage and restore radiance to the skin. A final layered desert clay mask simultaneously plumps the skin while detoxifying and protecting for a renewed, glowing complexion.

### **PURE RESULTS**

50min | 80min

Experience dramatic results with this certified organic facial. The session begins with an exfoliation to sweep away dead surface cells and impurities, followed by a layer of our Plant Stem Cell Booster Serum, which is clinically proven to improve the appearance of fine lines and wrinkles and promote radiance, smoothness and firmness.

# **WAXING & BEAUTY**

BODY BRONZING WITH BODY EXFOLIATION

50min

FULL SERVICE WAXING AND TINTING

Time Varies

# **BODY CARE THERAPY**

Rejuvenate and revive with our array of full body treatments

#### **DESERT DETOX**

25min | 50min | 80min

50min | 80min

Begin with a full body exfoliation then move seamlessly into an contouring marine body mask, soothing tight muscles and joints while toxins are drawn from deep within. This treatment helps the body detoxify and fully re-oxygenate, leaving the surface of the body as beautifully transformed as the inside.

### SOOTHING SUN WRAP

Refresh and regenerate skin with this cooling after sun wrap. A soothing enriched gel combats harmful effects of sun exposure. Once gel has been cocooned around the entire body, it is gently massaged in, restoring elasticity and toning. The extended treatment includes a soothing face mask application and facial massage.

#### ESSENCE OF THE SEASONS 80min | 100min

The Spa proudly presents a collection of exclusive body treatments that change with the seasons. Each treatment, marked with an enchanting fragrance and unique sequence of services, includes a relaxing full body massage and back and foot scrub. Inquire upon booking for this season's indulgence.

# MASSAGE THERAPY

Recover and rebalance with our specialized touch therapy treatments. Select from our classic collection or our signature collection

CLASSIC COLLECTION

#### TIME FOR TWO

50min | 80min | 100min

Indulge in the healing benefits of massage in one of our exclusive Spa Dual Suites, while enjoying the company of someone special, side by side.

#### TREAT YOUR FEET

50min | 80min

Treat your soles to some dedicated pampering. A lime blossom scrub exfoliates then softens as the skilled hands of our therapist work out the fatigue in the feet and lower legs. Alternating warm and cool stones are incorporated with pressure point massage techniques to create sensory overload. The entire body will benefit from the attention paid to the feet. An extended version takes the pampering up to the neck and shoulders.

#### FOUR SEASONS CUSTOM

25min | 50min | 80min | 100min

This highly personalized service will allow you to work with your therapist one on one to ensure your experience is uniquely yours. Achieve new heights of relaxation and pampering, determined by you.

### BABYMOON

50min | 80min

Designed to nurture and relax both mommy-to-be and baby. Our specially trained therapist will guide you through a specific treatment addressing any unique ailments encountered during the second and third trimesters of pregnancy.

SIGNATURE COLLECTION

#### HEAD TO TOE CANDLE MASSAGE

50min | 80min | 100min

Experience massage in a whole new way featuring our warm candle massage. A blend of coconut oil and natural waxes are poured over the entire body. melding into massage oil and leaving skin feeling silky and muscles warmed from the outside in. Select a scent to tailor your service.

### **CUPPING THERAPY**

50min | 80min | 100min

Experience this invigorating and detoxifying massage, which utilizes advanced massage and cupping techniques to stimulate circulation and soften muscles while drawing out impurities and relieving tension. Perfect for the person looking for a therapeutic deep touch or to promote skin elasticity.

#### WARM SALT STONE RITUAL 75min | 100min

Using warm salt crystal stones throughout the massage, this distinctive therapeutic treatment helps re-supply the body with 84 essential minerals while bringing balance both internally and externally. A truly unique experience with benefits that last.

## TABLE THAI YOGA

80min | 100min

Table Thai Yoga is inspired by traditional Thai massage and yoga practices, both of which have long been known to improve range of motion through various assisted stretching techniques. Benefits also include improved athletic performance, enhanced posture, and increased flexibility. The traditional modality has been adapted for the massage table. This massage uses no lotions or oils, and loose garments are provided.

# NAIL BAR SERVICE

Renew and relax with our luxurious nail care services

### **GEL OVERLAY**

Extend a manicure 10-14 days with this choice of service, which includes a hand or foot massage and is both practical and pampering.

Manicure 50min | Pedicure 50min | Removal 25min

### FOUR SEASONS SIGNATURE

It's a desert out there, but not in here! Relax and escape to the islands with an antioxidant rich tropical sugar scrub and hydrating warm mask. The pedicure includes an enhanced exfoliation using the Clarisonic pedi-brush to transform the skin into a soft smooth finish.

Manicure 50min | Pedicure 75min

#### **CITRUS SPLASH**

Hands and feet are pampered with an uplifting splash of citrus infusion. A gentle, skin-smoothing exfoliation is followed by a warm, hydrating paraffin mask for skin parched by the desert elements. An extended massage perfectly remedies fatigue and stress.

Manicure 50min | Pedicure 75min

## **RESCUE ME**

Indulge and refresh at the same time with this menthol massage that soothes muscles and invigorates overworked hands and feet. The service includes a rich mud scrub combining sweet, earthy notes of coffee and sarsaparilla with volcanic pumice and black silt clay to exfoliate skin and stimulate circulation.

Manicure 50min | Pedicure 50min



# GENTLEMEN'S COLLECTION

Refine and reenergize with our choice collection of hand crafted services

#### **EXECUTIVE RENEWAL** 80min | 100min

This service is the best of both worlds, a full body massage is combined with a back and foot scrub leaving you polished and relaxed from head to toe.

#### THE CLASSIC FACIAL 50min | 80min

Tailored especially for a male clientele's skin concerns, this facial keeps skin perfectly maintained with a double cleanse followed by a personalized enzyme exfoliation to match specific skin needs.

# **BACK CURE FACIAL**

50min

Deep cleanse this often hard to reach and forgotten about area. A gentle cleanse and exfoliation process begins this service followed by a mask to draw out impurities, leaving the skin smooth and purified.

### MUSCLE MELT MASSAGE

50min | 80min | 100min

Geared toward muscle recovery and tension relief, this service is designed to work on sore, tight and fatigued muscles resulting from a long flight, sport or stress.

# SPA ETIQUETTE

#### PREPARING FOR YOUR EXPERIENCE

We invite you to arrive at least 20 minutes prior to your appointment. (For Nail Bar services, please check in at the Spa 10 minutes prior.) This will provide ample time to change into your robe and slippers, and begin your day of relaxation. As a Spa guest, you have full access to the eucalyptus steam room, private relaxation lounge, co-ed Zen lounge and Fitness Center featuring state-of-the-art cardiovascular and strength training equipment.

#### **CHANGE & CANCELLATION**

Please allow 4 hours notice if you need to change or cancel your appointment to avoid any unnecessary charges or fees. We kindly request that you arrive on time for your Spa service; late arrivals will be finished within the scheduled service time.

#### **HEALTH CONDITIONS**

Please inform us at the time of booking of any medical conditions or special needs. This will allow the Spa Receptionist to guide you in selecting appropriate services.

#### RETAIL BOUTIQUE

We hope you bring home the calm and relaxation that our Spa and Nail Bar embodies. You can find the products used by our therapists as well as many distinct giftable products in our retail boutique. Ask our Spa Receptionist about free shipping.

# CONSIDERATIONS

The Spa is a tranquil and relaxing environment so cell phones and lap tops are discouraged in any areas of The Spa facility. We kindly ask that The Spa remains a tranquil environment.

#### HOURS OF OPERATION

FITNESS CENTER & LOCKER ROOMS

SPA SCHEDULED SERVICES Monday - Sunday | 6 am to 9 pm Monday - Sunday | 8 am to 8 pm

#### NAIL BAR

Sunday - Thursday | 9 am to 7 pm Friday - Saturday | 8 am to 8 pm

